

Guide for throwing Away Needles and Lancets Used in the Home

Needles used for checking blood sugars or for injecting insulin are called “sharps.”

Used sharps have come into contact with your blood. Sharps can pose a health risk to others if not put in a puncture-proof container.

Choose a thick, strong plastic bottle with a screw on lid or a lid that closes very tightly.

Label the bottle” HOUSEHOLD SHARPS’

The following are good bottles to use:

Plastic bleach jug

Liquid laundry soap bottle

Thick colored plastic bottle (not clear)



Do not use glass or clear plastic bottles like milk jugs, milk carton, coffee cans, or any container that will be recycled.

Keep bottles with sharps out of reach of children.

Immediately after use, place your sharps in the bottle and close the lid.

DO NOT try to bend, break, or put the cap back on the syringe or lancet.



WHEN THE SHARPS BOTTLE IS FULL:

1. Add water to 3/4 of the bottle and add one capful of bleach.
2. Tape the lid tightly and label “HOUSEHOLD SHARPS”
3. Put the full bottle with other trash and send out with regular trash. DO NOT return the full bottle to the hospital.

Any questions call : Diabetes Education & Counseling Center at 505-368-6843 or On call Room at 505-368-6679

Recommendations are supported by NNMCO-Office of Environmental Health Environmental Protection Agency